

Warren SENTINEL

**NSI/CCA:
Play to win**

**90th Space
Wing
Quarterly
Award
Winners**

**New Peace
Keeper Comic**



Commentary

Be a 'difference maker'

Tech. Sgt. Johnny Goldfuss
Frontier Chapter 1169, NCOA chairman

Ever notice that groups, no matter the size, are influenced by a small nucleus of people?

The nucleus of people that have the greatest influence over the entire group are what I call “difference makers.” There have been various terms for them throughout the years such as “movers and shakers,” “go getters,” etc. I’m sure you know as many of the clever terms as I do. The point is they are difference makers.

All groups, whether they admit it or not, are subject to what is known as “group think.” That is, they tend to go along with what the majority of the group says.

The major distinction between the two groups is the difference makers are those who influence the members of the group to act a certain way. How do they do this, you may ask? Their very actions are what give direction to the rest of the group. The way they carry themselves exudes confidence, the manner in which they speak, their very presence in the room makes others want to follow. I’m sure you know the type. We all do. We admire and respect them for their beliefs and convictions.

I’d like to tell you a little bit about some difference makers right here at Warren. They are the men and women of Frontier Chapter 1169 of the Noncommissioned Officer’s Association. I am extremely pleased to serve as chapter chairman to these outstanding individuals. They don’t talk about doing things; they get things done! In 2004 alone, here is an abbreviated “laundry list” of their accomplishments:

1. They’ve logged more than 8,000 hours of community service to Warren and Cheyenne.
2. They contributed \$2,295.87 to such on-base programs as the quarterly and annual awards, Operation Warmheart, Operation Provide Joy, the Empty Stocking Fund, NCO/SNCO Induction Ceremony, ALS Graduations, ATWIND, Christmas “Meals for the Field”, AEF “Send-off” Dinners and Dorm Escape.
3. Additionally, they contributed \$1,061.88 to Cheyenne programs like the COMEA Shelter Annual “Chili Feed”, the Certified Merchants Program, the Wyoming Veteran’s Commission, the Central High School Junior ROTC Program, the Letters to the Front program, the National Salute to Hospitalized Veteran’s program and the Letters to Vets program. Additional information can be found at our website: www.ncoafrontierchapter.com.

How does the NCOA raise the funds to contribute to these programs and organizations? We do it through two

————— NCOA, Page 3



Hoops Shots

I’ve been recently highlighting stories that celebrate being a wingman – how every day our terrific people serve each other even as they serve our nation. We’re told of supervisors who intervened when someone appeared down, co-workers who stepped forward to bring a friend to get help and people who take the time to tell someone they’ve done a great job and providing them encouragement. Today’s story shows in no uncertain terms that we are a family and we will always rally to aid someone in distress. **Staff Sgt. Raymond Kubiacyk**, a mighty defender, lost his house and everything in it to a devastating fire. Fortunately, he, his wife and daughter were unharmed. The response to this tragedy has been overwhelming. His unit ensured a safe place for them to stay and was on scene even as the fire was still burning. Donations and assistance have come from the Red Cross, Air Force Aid Society and the Defender Top 4. You always wonder where your money goes when you contribute or support fundraisers; well it goes to wingman agencies like booster clubs and relief organizations. And let’s not forget that our neighbors downtown are wingmen too. Businesses and private individuals have collected and donated money and other support to help in this time of need. We have not only been friends and neighbors for over a hundred years, but we’ve also been great wingmen too. Whether we’re pulling someone out of a ditch, responding to a fire downtown or volunteering, Cheyenne and Team Warren are forever linked as partners and wingmen. Our thanks to all who contributed time, talent, treasure and prayers for this family’s hour of need.

Of course, another great wingman to the entire Air Force has been the **Air Force**

Association both on a national and local level. Here in Cheyenne the local chapter recently authorized funds to support our **Arrive Alive Taxi** program. This program has done wonders at keeping our Airmen safe; however, it was doing such a good job it was in danger of going broke. Their generous contribution kept that effort alive and demonstrates once again their staunch support of our people and mission. Thank you to the **Cowboy Chapter President Irene Johnigan** and her **Executive Board** for being great wingmen and making tangible our motto that **Life is a No-Lone Zone**.

We want to wish **Tech. Sgt. Felecia Mason**, a mighty information manager in the 90th Operations Group, well on her upcoming interview. She is one of only five Air Force wide being considered for an elite position on the Air Staff. Whatever the result, we’re proud of her work and not surprised that it’s being recognized at the highest levels. Break a leg!

Next week you’ll see two different teams converge on the Mighty Ninety to judge who has the best dining facility and the best missile field chefs in the Air Force. Our **mighty operations chefs** are vying to retain their title while **Team Chadwell** is looking to take the trophy back. All I can say to any **Hennessey** evaluators who might be reading this article, I hope you brought extra socks because we’re going to knock them off!

Finally we’re in our last full week before the **NSI** – which as you know, means **No Second Inspection**. I’m proud of the hard work you’ve displayed getting ready and have every confidence we’ll dazzle the IG. Remember to keep your focus on PRP – call your certifying official every time you have a medical issue.

-- Col. Hoops

— Warren — **SENTINEL**

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On the cover...



Photo by Liz Saucier

A Warren servicemember performs during the base exercise here.

Commentary

Let's win: NSI/CCA 2005 keys to success

Lt. Col. Mike Morgan
Commander, 320th Missile Squadron

Do you remember shortly after the beginning of Operation Iraqi Freedom when the news broke that an Ellsworth Air Force Base B-1B bomber crew had destroyed the supposed hideout of Saddam Hussein?

Imagine being on the crew of that B-1 and the exuberance they must have felt. Although that mission did not get Saddam, the crew was widely praised, especially in Rapid City, S.D., home of Ellsworth.

In the nuclear business at Warren we never make primetime headlines as heroes in the war on terror. Yet we maintain the nuclear umbrella under

which our conventional forces operate. And, staying out of the news in our line of work is usually a good thing. It may seem frustrating to work hard at maintaining the highest possible standards while managing the nation's nuclear insurance policy with little open recognition. But, glitzy news stories about combat bombing raids are not how we measure our success. Rather, our report card is derived from how well we perform on a daily basis. Inspection results are a snapshot of that daily performance and are an indication of how well we conduct our deterrent mission.

In February and March our base will receive its Nuclear Surety Inspection and Combat Capability Assessment. Being so close

together, they represent the most rigorous look the base has ever received in such a short time span. The results go directly to the highest levels in Space Command, Strategic Command and DoD. Our adversaries look at our results and adjust their posture based on how well they perceive we are doing.

The NSI renews our nuclear operating license and is a pass or fail inspection administered by AFSPC inspector general. It covers a broad range of evaluated areas involving but not limited to nuclear control order procedures, security, maintenance and PRP.

Criteria are difficult in all these areas with little to no room for failure. The CCA is administered by 20th Air Force and is a

more in-depth look into these areas and several others, also highly technical in nature. Units receive individual CCA ratings on a five-tier scale as well as wing functional ratings for Crew Evaluations, Weapons System Tests, Hardware Inspections, Communications Capability and Safety (ground, weapons, flight). Both inspections recognize Professional Performers and Professional Teams as well as strengths and best practices.

Winning performances on these inspections gives us credibility and bolsters our reputation as the command's premier warfighting unit.

We have all seen the signs that say, "WIRED"—We're Inspection Ready Every Day. This is the

goal of your commanders and supervisors—that we perform perfectly and up to inspection standards always. Generally we do well with that and while the Mighty Ninety consistently demonstrates skill and excellence throughout all mission areas, there is always room to sharpen the sword. The best way to do this is to focus on your individual responsibilities.

Whether you are a SET guard on a launch facility, turning a wrench in the WSA, preparing meals at a Missile Alert Facility, or sitting alert at India-01, put on your game face and make sure you are fully aware of what will be asked of you. Play to win.

(continued in Feb. 4 Sentinel)

NCOA, from page 2

major annual fundraisers. We have the refuse contract for Cheyenne Frontier Days, which pays us over \$11,000 annually. We "subcontract" some of the work to various squadrons and organizations on base. In turn, we pay them approximately \$900 a day for their efforts. By working one day, a squadron or organization can effectively fund their Christmas Party or Booster Club for the year. We also work as volunteers for the Cheyenne Greek Festival. In

return for our countless volunteer hours, the generous Greek community has donated \$3,000 to us for each of the past two years.

So is NCOA all work and no play? Not at all.

We also volunteer for some very worthwhile causes in the community. We are active with the Cinco de Mayo Parade, the Adopt-A-Highway program (Dry Creek Disc Golf Course), the Susan G. Komen Race-For-The-Cure, the Juvenile Diabetes Walk for the Cure and

the Cheyenne Christmas Parade. We often go as a group when we volunteer for these activities. It not only boosts camaraderie in the group, but it's more fun when there are more of us.

So what is all this leading up to?

If you would like to be a difference maker, that is, if you'd like to do more than just get "a bullet for your EPR", we'd love to have you join us.

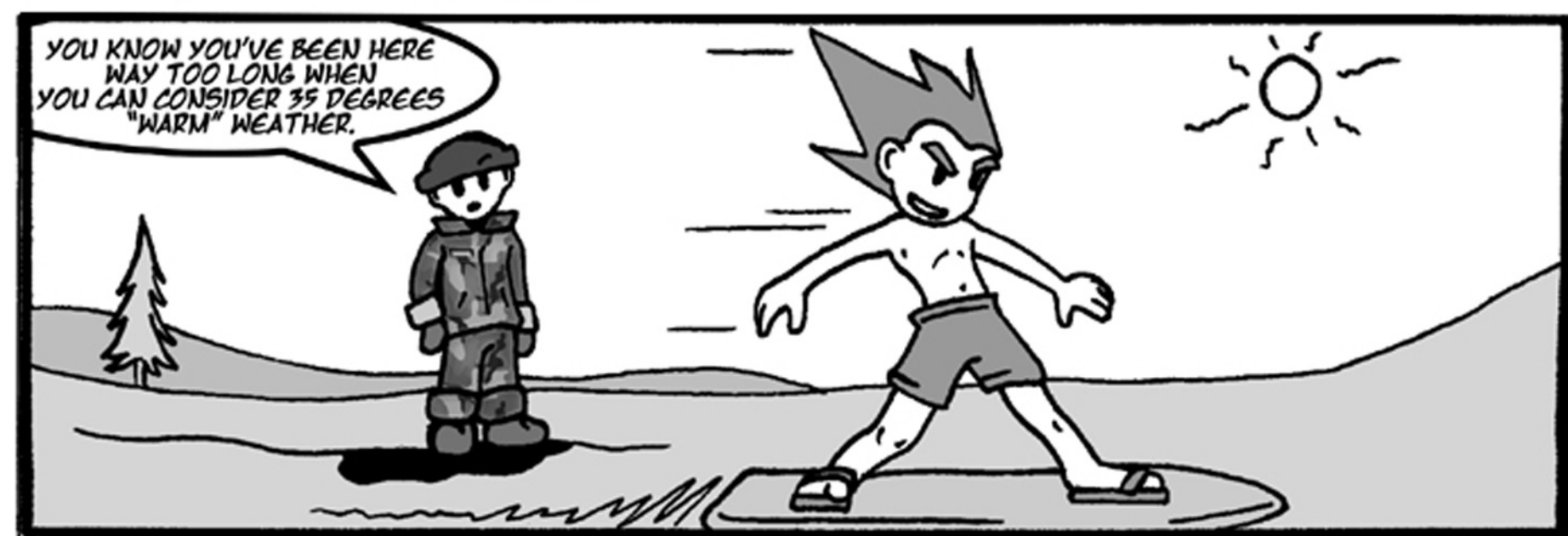
We meet on the first Tuesday of each month upstairs in the

Airman's Attic, Building 347, at 5 p.m. Come on out and give us a try. Even if you decide not to join NCOA, there are some other truly outstanding professional military organizations like the Air Force Sergeants Association and the Retired Enlisted Association (for those of you old enough to contemplate retirement).

The point is, get involved. Anyone can be a "joiner", but it takes someone special, like you, to be a "difference maker."

PEACE KEEPERS

By A1C Nathaniel Turner, 90MMXS and A1C Richard Oliver, 90MMXS



Spotlight on courts-martial

Capt. Jedd Miloud
Judge Advocate General office

On Nov. 19 2004, Airman 1st Class Kevin Clark, 790th Missile Security Forces Squadron, was convicted of larceny of military property valued over \$500 during a special court-martial held on base.

Airman Clark was charged with stealing over 300 military items from Ramstein Air Base, Germany. He was sentenced to a bad conduct discharge, six months confinement and a reduction to E-1.

Capt. Lance Wood from the 90th Space Wing Legal Office represented the United States, and Capt. Matthew Cassell, the area defense counsel, represented Airman Clark.

On Dec. 8 2004, Staff Sgt. Andrew Carroll, 90th Security Forces Squadron, was convicted of wrongful marijuana use and distribution during a general court-martial held on base.

Sergeant Carroll had been using and distributing marijuana to first-term airmen.

On Dec 9 2004, Sergeant Carroll was found not guilty of obstructing justice and communicating a threat to kill. For his conviction, Sergeant Carroll was sentenced to a dishonorable discharge, three years confinement, forfeitures of all pay and allowances and a reduction to E-1.

Maj. Patrick Franzese from the Eastern Circuit Trial Judiciary and Captain Lance Wood represented the United States.

Capt. Jeffrey Palomino from the Central Circuit Trial Judiciary and Capt. Jenny Johnson, the area defense counsel from United States Air Force Academy, Colo., represented Sergeant Carroll.

One of the court members who sat for the trial remarked that drug dealers and those who choose to encourage young airmen to engage in illegal drug use would be dealt with severely in the military justice system.

Trials by court-martial are open to the public.

Trials are held in the base courtroom located in Building 232 on the second floor.

If you have any questions, call the legal office at DSN 481-2256.

Busted: More things they thought they could get away with

Article courtesy of Judge Advocate General Office

In December 2004, 12 Article 15 actions were processed at Warren. Of the 12 Article 15s, one was alcohol related. The following is a breakdown of the Uniform Code of Military Justice articles violated and the punishments received:

Alcohol Related Incident:

An airman basic violated Articles 86, 92 and 134 of the UCMJ by failing to go to his appointed place of duty, drinking underage and being drunk on duty. He received forfeitures of \$596 for two months and 15 days extra duty.

All others:

A technical sergeant violated Article 92 of the UCMJ for failure to obey an order. He received a suspended reduction to staff sergeant, forfeitures of \$1,183 for two months and a reprimand.

A staff sergeant violated Article 107 of the UCMJ by making a false official statement. He received a suspended reduction to senior airman, suspended forfeitures of \$945 for two months and a reprimand.

A senior airman violated Article

113 of the UCMJ by leaving his post before he was relieved. He received a reprimand.

A senior airman violated Article 86 of the UCMJ by failing to go to his appointed place of duty. He received a reduction to airman first class, suspended forfeitures of \$250 for two months and 15 days extra duty.

An airman first class violated Articles 81 and 121 of the UCMJ by conspiring to commit wrongful appropriation and committing wrongful appropriation. He received forfeitures of \$703 for two months, 45 days restriction to base, 30 days extra duty and a reprimand.

An airman first class violated Articles 86 and 107 of the UCMJ by failing to go to her appointed place of duty and making false official statements. She received a suspended reduction to airman, suspended forfeitures of \$250 for two months and 30 days extra duty.

An airman first class violated Article 121 of the UCMJ by stealing property valued at \$415. She received a reduction to airman

basic, forfeitures of \$596 for two months and 14 days suspended restriction to base.

An airman first class violated Article 112a of the UCMJ by wrongfully using marijuana. He received a reduction to airman basic, suspended forfeitures of \$596 for two months and 45 days extra duty.

An airman first class violated Article 92 of the UCMJ by being derelict in his duties. He received forfeitures of \$100 for two months and seven days restriction to base.

An airman violated Articles 81 and 121 of the UCMJ by conspiring to commit wrongful appropriation and committing wrongful appropriation. He received forfeitures of \$668 for two months, 45 days restriction to base, 30 days extra duty and a reprimand.

An airman violated Articles 86, 92 and 111 of the UCMJ by failing to go to his appointed place of duty, by being derelict in his duties and driving recklessly. He received a reduction to airman basic, suspended forfeitures of \$596 for two months, 15 days restriction to base and 45 days extra duty.

Prevent identity theft: know the facts

Capt. Jedd Miloud
90th Space Wing Judge Advocate

Identity theft is on the rise and servicemembers everywhere can be victims. Identity theft occurs when someone steals another individual's personal information to commit fraud or theft. Criminals with access to your information can open a bank account, a credit card account, a cellular phone account or other accounts under your name.

The most serious damage of identity theft is to a person's credit history. It could take months or years to repair a bad credit history, which could result in the rejection of lease and loan applications. However, there is some protection to limit your financial losses. Under the Truth in Lending Act, a person's liability for most unauthorized credit card charges is limited to \$50 per card. Additionally, the Fair Credit Billing Act sets the procedures for clearing up billing errors on credit card accounts.

The best way to protect oneself from identity theft is to take proper precautions. Keep your personal

information as secure as possible (do not release your social security number unless it is absolutely necessary), substitute passwords for your mother's maiden name, beware of scams, protect your driver's license and credit cards and check your credit report periodically.

Why is getting your credit report so important? Your credit report contains information on where you live, how you pay your bills, and whether you've been sued, arrested or filed for bankruptcy. Nationwide consumer reporting companies sell the information in your report to creditors, insurers, employers and other businesses that use it to evaluate your applications for credit, insurance, employment or renting a home. Most importantly, it will also tell you if someone else has been using your identity.

A recent change to the Fair Credit Reporting Act means that individuals living in Wyoming will be able to request a free copy of their credit report once a year. By September, all Americans will have the opportunity to obtain a free credit report. You can

**THE BEST WAY
TO PROTECT
YOURSELF FROM
IDENTITY THEFT IS
TO TAKE PROPER
PRECAUTIONS.**

get a free copy of your credit report from each of the three credit reporting companies (Experian, Equifax, and TransUnion) by going to www.annualcreditreport.com or by calling 877-322-8228.

As with any crime, identity thieves are subject to prosecution. If you become a victim of identity theft, you should contact law enforcement or the base legal office. Additionally, the Federal Trade Commission has a helpful Web site dealing with identity theft, www.consumer.gov/idtheft.

Briefs

White House Fellowship Program

All United States citizens (except federally employed civilians) are eligible to apply for the White House Fellowship Program.

There are no restrictions for age, sex, race or physical requirements. This program seeks to draw exceptionally promising people from throughout the nation, providing them first-hand experience in the process of governing our nation.

Annually, 11 to 19 United States citizens are selected to work full-time for one year as special assistants to senior executives in cabinet-level agencies or in the executive office of the president.

Military personnel are encouraged to apply. Contact your local military personnel flight customer service element for further information.

CDC reminder

Military members who are parents of children enrolled at the Child Development Center must have their AF Form 357 current.

The CDC will not have weekend hours during these inspections.

If a parent is in need of weekend care, contact our Family Child Care office at 773-3317 for possible assistance.

Obstacle course closed

The Warren obstacle course is closed. Personnel should avoid the obstacle course. For more information, contact the safety office at 773-2430.

Post office relocated

The military side of the Postal Service Center is temporarily relocated to Building 298, which is directly across from the postal center's parking lot. As a reminder, if you receive a pink slip, you must bring those to the U.S. Postal Service Center.

If you have any questions, call 773-2276

Congratulations to the 90th Space Wing Quarterly Awards Winners

Honor Guard Member of the Quarter: Airman 1st Class Armando Geneyro, 90th Maintenance Group

Airman of the Quarter: Airman 1st Class Brian Young, 90th Mission Support Group

NCO of the Quarter: Tech. Sgt. Jesus Medrano, 90th Maintenance Group

SNCO of the Quarter: Master Sgt. Donald Vrabel, 90th Medical Group

CGO of the Quarter: 1st Lt. Ronald Pethoud, II, 90th Security Forces Group

First Responder of the Quarter: Matthew Bergondo, 90th Mission Support Group

Category I Civilian of the Quarter: Margaret McHenry, 90th Medical Group

Category II Civilian of the Quarter: Danielle Knipper, 90th Mission Support Group

Category III Civilian of the Quarter: Robert Kodis, 90th Mission Support Group

Civilian NAF Category I of the Quarter: Toni Milczewski, 90th Mission Support Group

Civilian NAF Category III of the Quarter: Donna Woitaszewski, 90th Mission Support Group

Unity

MEO hears Coretta Scott King speak

Master Sgt. Joel Johnson
934th Air Wing Military Equal Opportunity

The 12th annual Dr. Martin Luther King Jr. Diversity Training Seminar, entitled "An Orchestra of Cultures... A Symphony of Unity" was held Jan. 21 in Denver, drawing close to 1,000 attendees including three members of the 90th Space Wing Military Equal Opportunity.

Second Lt. Maura Sillas, Tech. Sgt. Arnold Nilssen and Staff Sgt. Andrew Bailey accompanied by Air Force Reserve Master Sgt. Joel Johnson, 934th Air Wing MEO, Air Reserve Station, Minneapolis, were those chosen to attend the event.

Mrs. Coretta Scott King, surviving spouse of the late pastor, human rights activist and leader Dr. King, served as keynote speaker for the annual diversity event. The overall message given by Mrs. King was the message of social, religious and racial tolerance and to honor the principles of non-violence and inclusion and to affirm unity in our society and to speak out against hatred and intolerance. She spoke of the importance of community service, that community service is a way of life and that we all can plan an important part in making our communities more tolerant, vi-

brant, and embracing of difference. Mrs. King quoted her late husband, "Everybody can be great because everybody can serve. You only need a heart filled with grace and a soul generated by love."

Mrs. King said, "Discrimination is a tenacious obstacle and that genuine brotherhood comes from the heart." She encourages us all to "work unceasingly to build trust and a community of caring, across all man-made divisions and to make brotherhood and sisterhood a global reality." Mrs. King reminded us that America is not a melting pot, but a "vibrant mosaic of people, that must not surrender our identities, but weave them together" for the common good.

Mrs. King spoke of the non-violent resistance, including pickets, boycotts and marches that her husband was committed to and uncompromising toward, in seeking and gaining racial and human rights equality during the civil rights movement of the 1950s and 1960s.

One of the most remarkable and landmark civil rights movements of the beginning of the civil rights movement was the Montgomery bus boycott of 1955 which challenged the racially segregated practices of the public bus system. This was the

first large scale civil rights challenge that Dr. King became involved in and one in which the bus system was economically forced to make whole-scale changes to how black passengers were treated.

"Non-violence is the most powerful weapon to reach human rights and freedom" because it allows the oppressed and supporters of the oppressed to "keep their dignity and hold onto moral high ground," said Mrs. King.

Mrs. King still devotes much time and energy to continue the vision, goals and dreams of her late husband. She was instrumental in building the Atlanta-based Martin Luther King, Jr. Center for Non-violent Social Change as a living memorial to her husband's life and dream. She also established the largest archives of documents of the Civil Rights Movement. She spearheaded the massive educational and lobbying campaign to establish Dr. King's birthday as a national holiday, which began in 1986. During her 15-year marriage to Dr. King she was always engaged and involved in supporting her husband's efforts toward civil rights and equality. She has continued this effort and struggle in order to make a difference in securing a more peaceful and prosperous future for us all.



Construction Corner

With the continuation of tree removal along Randall Avenue, minor traffic impacts will continue. Minor traffic delays will take place along Randall Avenue as contractors conduct hydroseeding.

If you have questions, contact Tom Gonzales at 631-5631.



Photo by Airman 1st Class Tessa Cubbon

CONGRATULATIONS!

Tech. Sgt. Curtis Kastner, 90th Civil Engineer Squadron, receives his new stripes from his wife, and Maj. Gen. Klotz, 20th Air Force commander, at the fire station here Jan. 21. Sergeant Kastner was the recipient of a 20th AF Stripes for Exceptional Performer Promotion.

First Folic Acid Awareness week

Lt Col Elizabeth Harrell
90th Medical Operations Squadron
Commander

The first ever Folic Acid Awareness week is happening this week. Folic acid plays an important role in the prevention of birth defects. The goal of this article is to help increase awareness of why folic acid is so important for women of childbearing age, especially those on low-carbohydrate diets:

Folic acid can help prevent birth defects.

It is recommended that women of childbearing age take 400 micrograms (0.4 mg) of folic acid daily to prevent serious birth defects of the brain and spine.

Women of childbearing age can get the needed dose of folic acid by taking a vitamin containing at least 400 mcg of synthetic folic acid and eating a healthy diet.

If folic acid is taken before and during early pregnancy it can prevent from 50%-70% of some forms of birth defects called neural tube defects.

NTDs include spina bifida and anencephaly.

NTDs affect an estimated 4,000 pregnancies annually.

Half of all pregnancies are unplanned; that's why it's important to take a multi-vitamin with folic acid, even if you're not planning on getting pregnant.

Emerging research shows that folic acid may reduce the risk other birth defects, including cleft lip, cleft palate and heart defects.

Additional health benefits associated with folic acid include reductions in cardiovascular disease, and colon, cervical and breast cancer.

Folic acid may also help to prevent Alzheimer's disease by protecting the neurons critical for learning and memory.

In 1998 the FDA began requiring the addition of folic acid to enriched breads, cereals, flours, pastas, rice and other grain products. Since then rates of NTDs have decreased 26%. (Source: Centers for Disease Control and Prevention.)

Folic acid is a B-vitamin that is needed for proper cell growth. It is found in most multi-vitamins, as well as in fortified foods like cereal, bread and pasta.

Women who are curtailing their

intake of such carbohydrates as fortified grains may be unaware that they are not getting essential vitamins and minerals, such as folic acid, necessary for health and well-being.

To get enough folic acid every day, women should take a daily multi-vitamin and eat fortified grains in addition to a variety of other foods as part of a healthy diet.

If your planning a family in the future, you are encouraged to call the Tricare appointment line to book an appointment with your primary care manager to discuss pre-conception planning.

Additionally, the Health and Wellness Center has a dietician staff that will help with meal planning for pre-conception, pregnancy and after delivery.

HELPFUL WEBSITES:
FOLIC ACID AWARENESS TOOL KIT
WWW.FOLICACIDINFO.ORG/CAMPAIGN

CENTERS FOR DISEASE CONTROL AND PREVENTION
WWW.CDC.GOV

FLORIDA FOLIC ACID COUNCIL
WWW.FOLICACIDNOW.NET



Photo by Larry McTigue

SECRETARY ROCHE RETIRES

Andrews Air Force Base, Md -- Air Force Secretary Dr. James G. Roche is escorted through a pass-and-review of the troops during his retirement ceremony Jan. 18.

Airman's hobby goes to the dogs

Airman 1st Class Danny Monahan

5th Bomb Wing Public Affairs

MINOT AIR FORCE BASE, N.D. (AFPN) --

The barking is deafening, but there is no perpetrator lurking around the property or a violent storm on the way.

There is only a woman approaching the dog pen with a fistful of harnesses.

The dogs know one thing -- they are going to run.

Senior Airman Mary Lunde, with the 5th Munitions Squadron, is a dog sled racer.

Most people in her circles simply refer to themselves as mushers.

Raised in the upper-peninsula town of Scandia, Mich., Airman Lunde got her first

brush with mushing when she was 12 years old.

"A guy came to our school, (and) there was a program -- 'Adopt a Musher,' " Airmen Lunde said. "You got to get hooked up to a couple of dogs, and (they ran you) around the school yard. That's when it all started."

The sport immediately became an infatuation, she said.

"I went home and started harnessing my dog," she said. "I would take a horse halter, put it around my dog, Buck, and hook it up to a plastic sled. It's all I wanted to do. Within months, I had 13 dogs."

She was entering competitions by age 13.

"By the time I was 15, I owned 28 dogs and had a local sponsor to (help me) compete in upper-peninsula

races," Airman Lunde said.

Throughout her teen years, she devoted much of her time to mushing. After high school, she moved to Alaska and trained with some of the best mushers in the world.

"I've trained with Jeff King. He's a three-time Iditarod winner," she said as she described the annual Alaskan dog sled race. "I've (also) trained with Ramy Brooks, who has won the Yukon Quest, (which) a lot of mushers consider even harder than the Iditarod."

After a year in Alaska, Airman Lunde joined the Air Force.

She faced what she called a tough choice after receiving orders to Royal Air Force Lakenheath, England. The move forced her to leave most of her dogs behind.

"Leaving the dogs behind was difficult, but it's something that comes with military life," Airman Lunde said.

When she received orders to Minot, Airman Lunde began to think about mushing once again.

"I bought some dogs even before leaving England [to have in Minot]," the Airman said.

She now lives on 40 acres in Deering, N.D., and owns more than a dozen sled dogs. Two of her fellow Airmen help her care for the animals.

Senior Airman Kimberly Williams and Airman 1st Class Jessica Whittington, both from 5th MUNS, took a strong interest in tending to the dogs.

"My mom is a veterinary technician, so taking care of animals runs in my family," Airman Whittington said.

The two Airmen do every-

thing except mush the dogs.

"We feed them and harness them," Airman Williams said. "We just help where we can."

They are not the only ones who help out.

"Many people give her food for the dogs, and her neighbor lets her use her four-wheeler to train (the dogs) in the summer," Airman Williams said. "It's just North Dakota hospitality."

In North Dakota, there are not many dog sled races, but Airman Lunde still trains weekly with her dogs. She continues to train so one day she can get the Air Force to sponsor her in dog sled races, and achieve her ultimate goal -- to race in the Iditarod.

Air force conquers all

Warren's own helps with win

Courtesy of American Forces Press Service

First Lt. Rickie Banister led his Air Force team to the men's team title in the 2005 Armed Forces Bowling Championships held in Dallas Jan. 12.

The tournament was held in conjunction with the 2005 USA Bowling National Amateur Championships, and the field was cut to the top 32 men after three days of competition. Lieutenant Banister, who won the armed forces men's division with a 24-game total of 4,847, was the only military bowler to make the cut and finished 29th in the nation.

"The most touching thing happened to me last night when two Marine ladies told me, 'We're all behind you because if you make the cut, you represent the military,'" said Lieutenant Banister, 319th Missile Squadron.

"It was never any clearer to me than at that moment. Yeah, I'm in the Air Force, but what I do represents the U.S. military. That's why I wanted to give it everything I had to make the cut. We all fight together, and if you saw us here, we were all together."

All-Army coach Dean Ryan said Lieutenant Banister was the difference in the armed forces men's tournament.

"I really thought this was the year that our (Army) men honestly had a chance to beat Air Force, and we probably should've," Mr. Ryan said. "I feel one man beat us, and that was Rickie Banister. He just had a tremendous tournament."

Air Force won the men's division with a score of 27,343, followed by Army (27,174), defending champion Marine Corps (26,080) and Navy (25,680). The Air Force women prevailed with a score of 25,134, followed by Army (23,755) and Navy and Marines (23,143), who combined for one team.

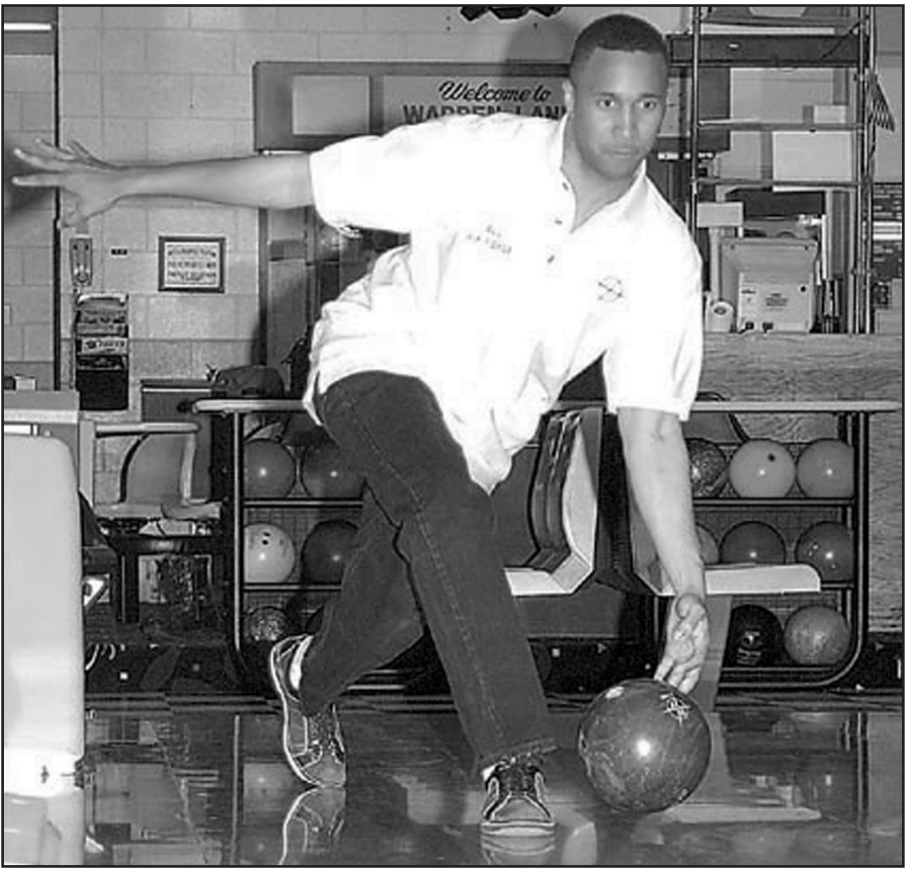


Photo by Master Sgt. Jeff Bohn

First Lt. Rickie Banister, a 319th Missile Squadron missileer here, bowled over the competition during the 2005 Armed Forces Bowling Championships held in Dallas. He won the men's division with a 24-game total of 4,847.

Weekly youth bowling scores

Check out the high scorers

Little Pee Wee's Ages 3-5

Ashlyn Hess	61 game
Nathanial Rieger	50 game

Pee Wee's Ages 4-6

Caleb Pushcar	94 game
Michael Smith	106 game

Bantam-Preps

Blake Biasini	543 high series handicap
JoAnn Mead	457 high series handicap
Michael Broyles	183 high game handicap
Anne Howard	185 high game handicap

Junior-Majors

David Fulgium	679 high series handicap
Leah Anderson	613 high series handicap
Angelo Herrera	239 high game handicap
Kayla Bates	222 high game handicap



Photo by Jack Colvin

To sign your child up for youth bowling or for more information, call Agnes Colvin at 773-5172.

Intramural basketball standings

Org.	Wins	Losses	Org.	Wins	Losses
321	10	2	MOS	13	1
LRS	12	3	790 A	10	3
SFS A	7	5	MXS	9	3
OSS	8	7	319/320	8	5
CS	5	8	CE	8	5
SFS C	3	8	CACS	4	9
790 B	3	10	MS 1	3	9
MS 10	2	12	SFS B	0	15

Over 30 basketball standings

Org.	Wins	Losses
CE	4	1
20 AF	3	2
SFG	2	3
MXS	1	4

Iowa airman makes good

1st Lt. Nicole Walters
Public Affairs

Airman 1st Class Levi Thompson is about as Iowa as they come.

Now attached to the 90th Security Forces Squadron, Airman Thompson was raised in Algona, Iowa, which is 137 miles north of Des Moines. His mother is a nurse and his father is self-employed.

"He installs tile to drain the fields," explained Airman Thompson. "That way when there's too much rain the tiles prevent the fields from flooding."

Airman Thompson spent a lot of time helping his father.

"All the time. When I wasn't in school, in practice, or in a game, I was on the field," said Airman Thompson.

There's something about the rich Iowa fields that change a boy to a man. The work is tough and the hours are from dusk 'til dawn, but the lessons are immeasurable. Airman Thompson learned the pride and honor that comes with doing a job well and working hard.

He's the eldest child of four, and the responsibilities were tough. In addition to football, basketball, golf and other sports in high school, he helped out on the farm and still found time to be there for his siblings.

But he wanted more. And he knew it wasn't in Iowa.

Airman Thompson is a die-hard Hawkeye who had visions of going to the University of Iowa, but when he was a sophomore in high school decided to join the Air Force.

"I always wanted to be cop," said Airman Thompson, who is assigned to Charlie flight at Warren. He works overnight at the gate and on patrol.

Airman Thompson married his high school sweetheart Heather, who is also from Iowa, a year and a half ago. She's a year older than him, which he sometimes gets grief for. They have a daughter, Kayla, who is the light of his life.

"Heather picked the name," said Airman Thompson. "She liked it and I thought it was nice."

"Jake was born on the same day as Kayla," said Airman Thompson. "I didn't know until I was at the vet clinic and they looked at Jake's shot records."

Airman Thompson is enjoying life outside of Iowa. He enjoys the Air Force and loves having a family.

He appreciates his Iowa roots, and will talk Hawkeyes with anyone who will listen. It just goes to show, you can take the boy out of Iowa, but you can't take the Iowa out of the man.

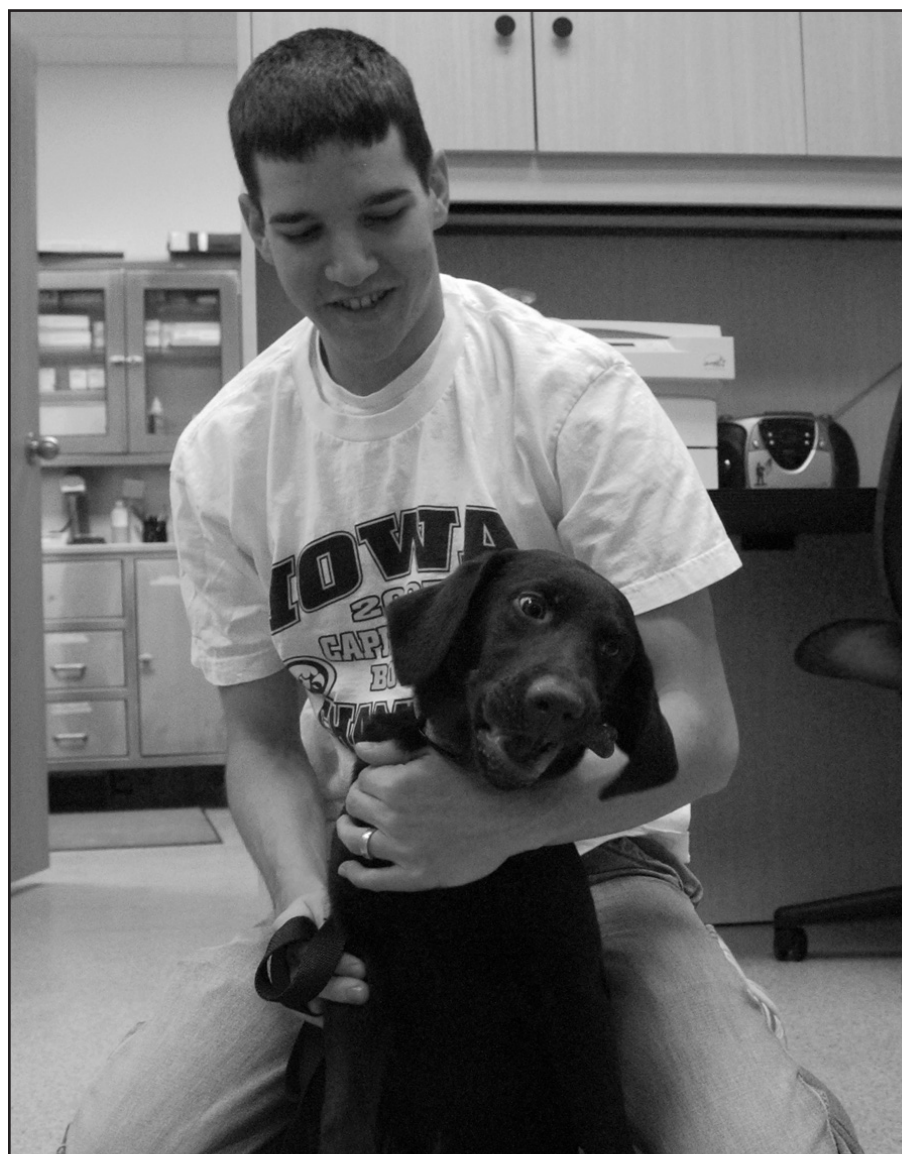


Photo by 1st Lt. Nicole Walters

Sundays are Family Days at Chadwell Dining Facility

Chadwell Dining Facility hosts Family Day every Sunday, noon - 1 p.m.

All active duty members may bring their family members with military ID cards to dine.

The family of deployed servicemembers are also welcome.

Call 773-3838 for more information.

Treasure hunting in the Rocky Mountains

Outdoor Recreation has planned a treasure hunting and showshoeing adventure into Rocky Mountain National Park for Saturday.

Participants may enjoy all the rivers and valleys the Rocky Mountain National park has to offer.

Explore this national icon using our new handheld Global Positioning Systems to search for hidden treasures.

The trip will depart at 7 a.m. and is scheduled to return by 7 p.m.

Trip includes transporta-

tion and equipment (snowshoes and GPS).

Bring water, sack lunch, layers of clothes.

The cost is \$15 per person.

Call 773-2988 for more information.

Colorado Eagles pro hockey discount tickets on sale

Military discounted tickets to the Colorado Eagles professional hockey games are on sale now for March 12.

Tickets are \$16 each. Games start at 7:05 p.m. at the Budweiser Events Center.

These discount ticket are on sale only at Outdoor Recreation while they last or until the Tuesday prior to game day.

Call 773-2988 for more information.

Super Bowl party at the club!

Everyone is invited to join the fun at the Super Bowl XXXIX Party Feb. 6 at the Trail's End Club.

The doors open at 1 p.m. and the game begins at

4:25 p.m.

This Football Frenzy party includes prizes, food and half time games of skill.

There is no cover charge and club members and non-members are welcome.

The Football Frenzy X Box will be given away to a club member present.

For more information, call the club at 773-3048.

Base library offers children's story hour

Parents can bring their children to the base library for story hours every Friday, 11 a.m.

Today at the base library, we will celebrate National Get Organized Month. Stories about chores and cleaning the bedroom will be read.

The craft is to make a puzzle, as Saturday is National Puzzle Day.

Feb. 4 the library will be celebrating Black History Month. Stories about African American heritage will be read.

Participants are invited to make an "I Have a Dream" craft.

Feb. 11, the library will celebrate Valentine's Day with Valentine stories and a valentine picture easel.

Feb. 18 the library invites Warren to learn about President's Day during story time with an Abe Lincoln craft.

Children's story hours are sponsored in part by National Property Inspections. No federal endorsement of sponsor intended.

For more information, call 773-3416.

Ladies night out

It's Ladies Night Out when Outdoor Recreation takes a trip to Greeley Colo., for the Broadway musical comedy smash hit about six good buddies whose desperate plan to get their lives back together requires them to triumph over their fears, their nerves... and their clothes.

See The Full Monty at the Union Colony Civic Center March 12 at 8 p.m. The cost is \$35 and includes ticket, drinks, hors d'oeuvres and transportation. Sign up by Feb. 1.

Call ODR at 773-2988 for

more information.

Parent and child exercise area now open in Freedom Hall

The exercise room is now open so parents may exercise while watching their children in the children's play area. It is equipped with a treadmill, cross trainer, recumbent bike, stepper, climber, weight machines and mats. The children's area has a TV, VCR, DVD player and children's toys. Parents are asked to sign up at the front desk and respect all rules of use.

The exercise room is open in conjunction with Freedom Hall hours.

Hours are Mondays through Fridays, 5 a.m. to 10 p.m. and Saturdays, Sundays and holidays, 9 a.m. to 5 p.m.

Warren Waves swim team

The youth swim team is seeking more members ages 17 and younger. They meet Mondays to Fridays, 4:30-5:30 p.m. Call the aquatic center at 773-3195.

6 by 6

The Sentinel staff wants to know ... How are we doing?

Each year, we make changes to the paper based on your inputs. Please check one response for questions 1 through 9. Please return the survey to the public affairs office by close of business Jan. 31.

1. How often do you read the **Warren Sentinel**?

Every week Every two weeks Once a month Once every six month Never

2. Does the **Warren Sentinel** cover the mission adequately?

Always Most of the time Sometimes Rarely Never

3. Does the **Warren Sentinel** cover Warren people adequately?

Always Most of the time Sometimes Rarely Never

4. Does the **Warren Sentinel** cover Warren units adequately?

Always Most of the time Sometimes Rarely Never

5. Does the newspaper print enough photographs?

Always Most of the time Sometimes Rarely Never

6. Does the newspaper print enough Space Command news?

Always Most of the time Sometimes Rarely Never

7. Do you read the Peacekeeper Comic?

Always Most of the time Sometimes Rarely Never

8. Should the Warren Sentinel run member obituaries?

Yes No

9. Should the Warren Sentinel be delivered to dorms/base housing?

Yes No

Please check all that apply.

10. Why do you read the newspaper?

News Sports Features Commentary Action Line Comic People

11. What can we do to improve the **Warren Sentinel**?

WIRED

We're
Inspection
Ready EVERY Day

Your
Time is
Precious

Close
Dumpster
Lids After
Each Use